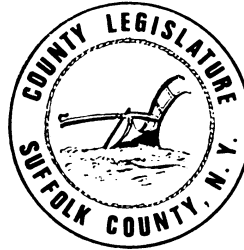


NEWS FROM Legislator

# Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE  
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COMMITTEES:

CHAIR – Budget & Finance

MEMBER - Veterans

For Immediate Release

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*Fall Prevention Deserves Your Attention!*

## REGISTER NOW FOR LOCALLY-HELD FREE SUFFOLK COUNTY WORKSHOPS

(HUNTINGTON STATION, NY... May 16, 2016) – Suffolk County Legislator Lou D'Amaro (D-Huntington Station) would like to inform residents that County Executive Steve Bellone and Commissioner of Health Services James Tomarken have expanded the County's vital "Falls Prevention Program" with registration now open for workshops at convenient locations. The free programs aim to help mature adults reduce the risks of falls and improve their quality of life.

### Stepping On

"Stepping On" is a seven-week model program that focuses on improving balance and strength, home and community safety, vision, safe footwear and medication review. According to the Centers for Disease Control and Prevention (CDC), the program has proven to reduce falls for participants by 31 percent. Upcoming sessions include:

### **Hauppauge**

Hauppauge Public Library, 601 Veterans Memorial Highway, Hauppauge  
Workshop dates and times: May 13, 20, 27 and June 3, 10, 17, 24, 2016, 10 am - 12 pm  
To register call: (631) 979-1600

(more)

## **West Babylon**

West Babylon Library, 211 Route 109, West Babylon

Workshop dates and times: June 2, 9, 16, 23, 30 and July 7, 14, 2016, 10:30 am – 12:30 pm

To register call: (631) 669-5445

### **Staying Independent for Life**

“Staying Independent for Life” covers much of the information that is provided in the ‘Stepping On’ program in a condensed two-hour session. There is an upcoming session in:

## **West Babylon**

West Babylon Library, 211 Route 109, West Babylon

Thursday, May 26, 2016, 1 pm – 3 pm

To register call: (631) 669-5445

Additional programs are offered in Suffolk County communities throughout the year. For more information about the Suffolk County Falls Prevention Programs, call the Suffolk County Department of Health Services at (631) 853-6492 or visit:

[www.suffolkcountyny.gov/Departments/HealthServices/PreventiveMedicine/PublicHealthNursing](http://www.suffolkcountyny.gov/Departments/HealthServices/PreventiveMedicine/PublicHealthNursing)

“According to The National Council on Aging, every 15 seconds a senior citizen is treated in a hospital emergency room for a fall-related accident,” said Legislator D’Amaro. “Through awareness and increased participation in fall prevention programs, we hope to be able to cut down on the frequency and severity of these incidents. I hope many people will enroll either themselves or their loved ones in these programs.”

# # #

*Suffolk County Legislator Lou D’Amaro represents the 17<sup>th</sup> Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Veterans committee of the Suffolk County Legislature.*